

# Cheesy Cauliflower Bake

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Here is a great way to enjoy eating your veggies!! The cauliflower is a great source of Vitamin C, the carrots are a good source of Vitamin A and the cheese is another way to get Calcium into your diet!!

1 package frozen or 4 cups fresh cauliflower  
\*1 cup shredded carrots  
\* $\frac{3}{4}$  cup shredded cheddar cheese  
3 Tbsp. fat free Ranch Dressing  
3 green onions thinly sliced

**MIX** cauliflower and carrots in 1-quart baking dish sprayed with no stick cooking spray.

**MIX** cheese and dressing until well blended. Spoon over vegetable mixture in baking dish.

**BAKE** at 375°F for 20 minutes or until heated through. Sprinkle with onions; stir gently

\*Foods offered by WIC



